



fiber blend

a source of insoluble
and soluble fiber

specialty
300 capsules
dietary supplement

digestive health[▼]
regularity[▼]

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 100

	Amount Per Serving	% Daily Value
Oat Fiber (<i>Avena sativa</i>)(seed)	930 mg	*
Brown Rice Flour	825 mg	*
Apple Pectin (<i>Malus domestica</i>)(fruit)	210 mg	*
Citrus Fiber (<i>Citrus aurantium</i>)(peel)	150 mg	*
Soy Fiber (<i>Glycine max</i>)(seed)	150 mg	*
Psyllium Husk Powder (<i>Plantago ovata</i>)	120 mg	*
Prune (<i>Prunus domestica</i>)(fruit)	75 mg	*
Cabbage (<i>Brassica oleracea</i>)(stems and buds)	18 mg	*
Carrot (<i>Daucus carota</i>)(root)	9 mg	*
Broccoli (<i>Brassica oleracea</i>)(stems and buds)	6 mg	*
<i>Lactobacillus acidophilus</i>	20 million CFUs**	*

* Daily Value not established.

Other ingredients: Gelatin.

Contains: Soy.

Does not contain: Yeast, Wheat, Salt, Dairy, Fish,
Artificial Colors or Flavors.

** At the time of encapsulation.

▼ These statements have not been evaluated by
the Food and Drug Administration. This product
is not intended to diagnose, treat, cure or
prevent any disease.

DIRECTIONS: As a dietary supplement, take three (3)
to six (6) capsules daily, with at least 8 oz. of water,
and preferably with meals.

WARNING: This product must be taken with at least
8 oz. of water, as it contains Psyllium Husks. Taking
Psyllium Husks without a full glass of liquid may cause
choking. Do not use this product if you are pregnant,
nursing or have difficulty swallowing.

Fiber Blend capsules contain fiber from all 6 fiber
groups: cellulose, pectin, gums and mucilages,
hemicellulose and lignin.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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